

NOTE TO TRAINERS/PRESENTERS:

THE FOLLOWING **10** SLIDES MAKE UP THIS “SERGEANT’S TIME” TRAINING PRESENTATION.

TO SHOW THE PRESENTATION, CLICK THE MOUSE TO CHANGE TO THE OPENING SLIDE. ONCE YOU HAVE PRESENTED THE INFORMATION ON THE SLIDE, CLICK THE MOUSE TO ADVANCE TO THE NEXT SLIDE.

THE INFORMATION IN THIS PRESENTATION IS RELATIVELY COMPLETE “AS IS.” HOWEVER, THIS PRESENTATION IS INTENDED ONLY TO SUPPLEMENT A COMPLETE TRAINING SESSION.

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Heat Injuries

The Burning Truth!



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What are heat injuries?

Heat injuries include:

- ☐☐ DEHYDRATION
- ☐☐ HEAT CRAMPS
- ☐☐ HEAT EXHAUSTION
- ☐☐ HEAT STROKE

The risk of these injuries increases when the temperature rises above 70 degrees and the humidity is greater than 70 percent



Symptoms of heat injuries

▢ HEAT CRAMPS

* Painful leg, arm or abdominal muscle cramping

▢

Symptoms of heat injuries

~~HEAT EXHAUSTION~~

- * Heavy sweating
- * Cold, clammy skin
- * Dizziness
- * Rapid pulse
- * Throbbing pressure in head
- * Chills
- * Flushed appearance
- * Nausea

Symptoms of heat injuries

HEAT STROKE

- * Warm, dry skin or cold, clammy skin
- * Low blood pressure
- * Confusion and/or unconsciousness
- * High fever
- * Slow pulse
- * Ashen or gray skin

Tips for preventing heat injuries

- Drink plenty of water!
 - You may need to drink as much as two quarts per hour, depending on the situation

REMEMBER: Thirst is a poor way to tell if your body is becoming dehydrated!

Tips for preventing heat injuries

- Establish work/rest cycles based on the heat category

- **Heat Category 1:** Continuous work is allowed

- **Heat Category 2:** 50 minutes' work followed by 10 minutes' rest

- **Heat Category 3:** 45 minutes' work followed by 15 minutes' rest

- **Heat Category 4:** 30 minutes' work followed by 30 minutes' rest

Rest is defined as minimal activity in a shaded or air-conditioned area.

- **Heat Category 5:** 20 minutes'

Tips for preventing heat injuries

- ▣ Use the buddy system
- ▣ Identify soldiers with previous heat injuries
- ▣ Wear your uniform properly
- ▣ Wear natural fiber clothing (such as cotton) next to the skin for increased ventilation
- ▣ Minimize sun injuries by wearing sunglasses and using sunblock (minimum 30 SPF) and lip balm
- ▣ Be aware of conditions that increase vulnerability to heat injuries, such as diarrhea, skin trauma, alcohol, fever, overweight, poor physical condition, age

Tips for preventing heat injuries

- Get acclimatized: it takes the human body time to adjust to a significant change in climate
- Significant acclimatization can be achieved in 4-5 days, however, full heat acclimatization may take 10-14 days, with 2-3 hours per day of carefully supervised activity in the heat

The bottom line:

Heat injuries can KILL!

**Know what they look like, and
what to do about them!**